



Dash and Splash Duathlon

5K Race and 50 yard Swim

Sunday August 23, 2015 6 PM

Date and Time: Sunday, August 23, 2015. Race will start at 6 PM on Museum Drive.

Location: Registration and Post-Race Activities at Springhill Swim Club (736 Museum Dr.)

Sponsored by: City of Mobile Swim Association **Benefits:** CMSA programs

Distance: 5K course along Museum Drive and through Langan Park followed by 50 yard swim in club pool. Fluids will be provided along the race course.

Registration: **Pre-register** by mail (entries should be postmarked by August 15, 2015), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on August 20, 2015, or online (<http://dashandsplash2015.eventbrite.com>) until 4 AM August 22. **Race day registration at the Springhill Swim Club from 4:30 – 5:30 PM.**

Relay Option: In the relay, the 5K run/walk must be completed by an adult (19 years and over) and the swim completed by a child (18 years and under).

Entry fees: Individuals

Received August 9: \$25
Received August 10 - 22: \$30
Race Day: \$35

Relay - Adult run with child swim

Received by August 9: \$35
Received August 10 - 22: \$40
Race Day: \$45

Entry fees include short sleeved tee shirt, water, soft drinks, draft beer and fruit. Register by August 9 to guarantee a shirt on race day.

Awards: Top male and female overall, top relay team, and top male and female finishers in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and above.

Not a Runner?: Join us for after the dash for Family Fun Night at the Spring Hill Swim Club! No charge – Family Fun Night is free.

Weather Disclaimer: Event officials reserve the right to postpone, cancel, or alter portions of the event should weather conditions on race day not allow for the safe for completion of all or some of the event activities.

Last Name: _____ **First Name:** _____ **Age:** _____ **Sex:** _____

Address: _____ **City, State & ZIP:** _____

Phone: _____ **Date of Birth:** _____ **Email:** _____

Competition: Individual Relay **T-Shirt Size(s):** YM YL S M L XL XXL

Team Name: _____ **Swimmer's Name:** _____ **Age:** _____ **T-shirt:** _____

CMSA Member: Yes No **Additional donation to CMSA:** \$ _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and MP3 players, earbuds, and headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the city of Mobile, the Springhill Swim Club, City of Mobile Swim Association, LRH Productions, its employees, officers, and agents, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant(s): _____ Date _____
(Parent/Guardian must sign for children under 19)

Make checks payable to: **CMSA**
Mail to: **Dash and Splash; LRH Productions; PO Box 6976; Mobile, AL 36660**